

Alhambra Track Top-10 Lists - - Girls' Varsity

| | | | | | | | | | |
|-------------|----------|-------------|-----------|------|------------------------------|----------|-------------|-----------|------|
| 100 | | | | | 10 | Beth | Dunn | 5:30.18 | 2001 |
| 1 | Erin | McLaughlin | 12.44 | 1987 | 3200 | | | | |
| 2 | Tammy | Albertsen | 12.64 c | 1978 | 1 | Samantha | Jones | 11:02.85 | 2003 |
| 3 | Debbie | Santa Maria | 12.74 c | 1975 | 2 | Amy | Loper-Riley | 11:15.88 | 1997 |
| 4 | Justina | Thompson | 12.74 c | 1992 | 3 | Allie | Timbrell | 11:16.25 | 2014 |
| 5 | Divine | Adesida | 12.78 | 2010 | 4 | Katie | Leary | 11:17.1 | 1985 |
| 6 | Desie | Armstrong | 12.80 | 2019 | 5 | Jessica | Neu | 11:25.4 c | 1999 |
| 7 | Monica | Dunn | 12.93 | 1993 | 6 | Paige | Tully | 11:32.0 | 1981 |
| 8 | Danielle | Hopkins | 12.94 c | 1980 | 7 | Marissa | D'Atri | 11:32.65 | 2018 |
| 9 | Joy | Suitos | 12.94 c | 1980 | 8 | Nicole | Tria | 11:42.98 | 2019 |
| 10 | Jordan | Davis | 12.96 w | 2018 | 9 | Tanya | Rosengren | 11:52.12 | 2001 |
| 200 | | | | | 10 | Stacey | Brunton | 11:57.7 | 1988 |
| 1 | Erin | McLaughlin | 25.44 | 1987 | 100 Hurdles (33") | | | | |
| 2 | Divine | Adesida | 25.64 | 2010 | 1 | Traci | Banks | 15.54 | 1993 |
| 3 | Maree | Hansen | 26.24 c | 1980 | 2 | Shelly | Cline | 15.70 | 1988 |
| 4 | Tammy | Albertsen | 26.84 c | 1978 | 3 | Joy | Suitos | 16.34 c | 1981 |
| 5 | Justina | Thompson | 26.84 c | 1992 | 4 | Linda | Haefke | 16.44 c | 1980 |
| 6 | Lisa | Piper | 27.01 | 1992 | 4 | Tina | Tamboury | 16.44 | 1985 |
| 7 | Savannah | Wadsworth | 27.12 | 2010 | 6 | Beth | Michelson | 16.84 c | 1977 |
| 8 | Joy | Suitos | 27.14 c | 1980 | 7 | Terri | Cutler | 16.84 c | 1980 |
| 9 | Jill | Taylor | 27.14 c | 1989 | 8 | Samantha | Capozzo | 17.00 | 2005 |
| 10 | Jordan | Davis | 27.45 w | 2018 | 9 | Joanne | Rilli | 17.01 | 2000 |
| 400 | | | | | 10 | Melissa | Grube | 17.01 | 2012 |
| 1 | Maree | Hansen | 56.2 | 1980 | 300 Low Hurdles (30") | | | | |
| 2 | Divine | Adesida | 58.05 | 2009 | 1 | Shelly | Cline | 47.04 c | 1988 |
| 3 | Erin | McLaughlin | 58.38 | 1988 | 2 | Tina | Tamboury | 48.04 c | 1985 |
| 4 | Laura | Underwood | 59.68 | 1997 | 3 | Maree | Hansen | 49.14 c | 1981 |
| 5 | Lisa | Piper | 59.8 | 1994 | 4 | Hope | Suitos | 49.64 c | 1991 |
| 6 | Janelle | Corbyn | 1:00.1 | 1985 | 5 | Joanne | Rilli | 49.69 | 2000 |
| 7 | Beth | Mork | 1:00.1 | 1999 | 6 | Jessica | Neu | 49.96 | 2000 |
| 8 | Maria | Zamora | 1:00.4 | 2003 | 7 | Samantha | Capozzo | 50.39 | 2005 |
| 9 | Kelly | O'Dell | 1:00.9 | 1999 | 8 | Shireen | Amini | 50.41 | 2002 |
| 10 | Alta | Whipple | 1:01.1 | 2002 | 9 | Kay | Bromley | 50.54 | 2013 |
| 800 | | | | | 10 | Sienna | Strickland | 51.56 | 2016 |
| 1 | Marissa | D'Atri | 2:11.77 | 2017 | Long Jump | | | | |
| 2 | Paige | Tully | 2:14.6 | 1983 | 1 | Joy | Suitos | 17-09 | 1981 |
| 3 | Janelle | Corbyn | 2:19.5 | 1985 | 2 | Danielle | Hopkins | 17-5.5 | 1981 |
| 4 | Beth | Mork | 2:20.25 | 2001 | 3 | Monica | Dunn | 17-04.5 | 1992 |
| 5 | Beth | Dunn | 2:20.28 | 2001 | 4 | Jill | Suitos | 17-00.5 | 1986 |
| 6 | Maree | Hansen | 2:20.3 | 1980 | 5 | Erin | McLaughlin | 16-02.5 | 1987 |
| 7 | Jessica | Neu | 2:22.43 | 1997 | 6 | Maria | Morandin | 16-02.5 | 1983 |
| 8 | Allie | Timbrell | 2:22.90 | 2014 | 7 | Kelly | O'Dell | 16-00 | 1999 |
| 9 | Beth | Clausen | 2:24.6 | 1992 | 8 | Makhai | Broussard | 16-00 | 2017 |
| 10 | Samantha | Jones | 2:24.67 | 2000 | 9 | Maree | Hansen | 15-06.75 | 1980 |
| 1600 | | | | | 10 | Kim | Baer | 15-05 | 2001 |
| 1 | Paige | Tully | 4:57.90 | 1983 | Triple Jump | | | | |
| 2 | Allie | Timbrell | 5:01.55 c | 2014 | 1 | Maria | Morandin | 35-01.5 | 1984 |
| 3 | Marissa | D'Atri | 5:03.63 | 2018 | 2 | Jill | Suitos | 35-00.5 | 1984 |
| 4 | Katie | Leary | 5:10.31 | 1985 | 3 | Kelly | O'Dell | 34-10.5 | 1997 |
| 5 | Samantha | Jones | 5:11.09 | 2003 | 4 | Lindsay | Lightsey | 34-04.5 | 2002 |
| 6 | Jessica | Neu | 5:13.27 | 2000 | 5 | Jenna | Coffman | 34-03 | 2017 |
| 7 | Amy | Loper-Riley | 5:16.9 | 1998 | 6 | Monica | Dunn | 33-01.5 | 1992 |
| 8 | Stacey | Brunton | 5:27.0 | 1986 | 7 | Kim | Baer | 33-01.25 | 2000 |
| 9 | Janelle | Corbyn | 5:28.8 c | 1988 | | | | | |

Alhambra Track Top-10 Lists - - Girls' Varsity

| | | | | |
|----|---------|-------------|----------|------|
| 8 | Joanne | Rilli | 32-06.75 | 2000 |
| 9 | Brianna | Hernandez | 32-03 | 2019 |
| 10 | Trina | Hendrickson | 32-2.5 | 1994 |

High Jump

| | | | | |
|----|---------|----------|------|------|
| 1 | Traci | Banks | 5-05 | 1994 |
| 2 | Lindsay | Lightsey | 5-04 | 2004 |
| 3 | Renaë | Scott | 5-01 | 1980 |
| 4 | Sabrina | Micanek | 5-01 | 1990 |
| 5 | Kieara | Rios | 5-01 | 2017 |
| 6 | Terri | Cutler | 5-00 | 1980 |
| 7 | Shelly | Cline | 5-00 | 1990 |
| 8 | Maureen | Mason | 4-10 | 1998 |
| 9 | Heather | Stephens | 4-10 | 2000 |
| 10 | Jenni | Jones | 4-10 | 2000 |

Pole Vault

| | | | | |
|----|----------|---------|------|------|
| 1 | Danielle | Sutton | 8-06 | 1997 |
| 2 | Jessica | Neu | 8-06 | 1999 |
| 3 | Sky | Gliatto | 8-00 | 1998 |
| 4 | Crystal | Dinh | 8-00 | 2013 |
| 5 | Laura | Johnson | 7-06 | 1997 |
| 6 | Kim | Baer | 7-06 | 2001 |
| 7 | Megan | Keith | 7-06 | 2004 |
| 8 | Marilee | Mazur | 7-06 | 2007 |
| 9 | Beth | Dunn | 7-00 | 2001 |
| 10 | | | | |

Shot Put

| | | | | |
|----|-----------|----------|----------|------|
| 1 | Praise | Adesida | 43-03 | 2012 |
| 2 | Tamika | Waters | 37-03.5 | 1989 |
| 3 | Michelle | Malone | 37-0.5 | 2004 |
| 4 | Jessica | Robinson | 34-07 | 2000 |
| 5 | Kieara | Rios | 33-11.75 | 2017 |
| 6 | Selina | Haefke | 33-02.5 | 2014 |
| 7 | Sarah | Robinson | 33-02 | 1999 |
| 8 | Molly | West | 32-04.5 | 2011 |
| 9 | Stephanie | Colbert | 32-01 | 1995 |
| 10 | Hayley | Ward | 31-05.5 | 2018 |

Discus

| | | | | |
|----|-----------|----------|----------|------|
| 1 | Praise | Adesida | 141-00 | 2012 |
| 2 | Carla | Casazza | 122-07 | 1983 |
| 3 | Betty | Hoffman | 113-07 | 1977 |
| 4 | Stephanie | Colbert | 112-07 | 1995 |
| 5 | Michelle | Malone | 106-08.5 | 2004 |
| 6 | Sarah | Tavares | 104-01 | 2006 |
| 7 | Michelle | DeGraef | 103-04 | 1988 |
| 8 | Jessica | Robinson | 102-09 | 2000 |
| 9 | Phoebe | Tang | 102-08 | 2017 |
| 10 | Selina | Haefke | 99-07 | 2014 |

4x100 relay

| | | | |
|----|---|-------|------|
| 1 | Hopkins, Suits, Haefke, Hansen | 49.5 | 1980 |
| 2 | Taylor, Zanotelli, Cline, McLaughlin | 50.2 | 1989 |
| 3 | Banks, Thompson, Dunn, Piper | 50.36 | 1992 |
| 4 | Wadsworth, D. Adesida, Yoeono, P. Adesida | 50.43 | 2010 |
| 5 | Unknown Team | 51.07 | 1993 |
| 6 | Wadsworth, D. Adesida, Wight, Gordon | 51.25 | 1993 |
| 7 | Paoli, Suits, Dunn, Piper | 51.2 | 1991 |
| 8 | Coffman, Strickland, Stone, Davis | 51.72 | 2018 |
| 9 | Zamora, Brauch, Mork, West | 51.78 | 2002 |
| 10 | Taylor, Corbyn, Cline, McLaughlin | 51.7 | 1987 |

4x400 relay

| | | | |
|----|--------------------------------------|--------|------|
| 1 | Swicegood, Tully, Hansen, Hopkins | 3:56.0 | 1981 |
| 2 | Taylor, Howard, Corbyn, McLaughlin | 4:03.6 | 1988 |
| 3 | Mork, Dunn, Whipple, Zamora | 4:05.4 | 2002 |
| 4 | Cutler, Swicegood, Hopkins, Hansen | 4:05.8 | 1980 |
| 5 | Amini, West, Mork, O'Dell | 4:06.6 | 2000 |
| 6 | Mork, Neu, Rilli, O'Dell | 4:09.1 | 1999 |
| 6 | Dunn, Amini, West, Mork | 4:09.1 | 2001 |
| 8 | Zamora, Hughes, West, Pruitt | 4:09.3 | 2003 |
| 9 | Taylor, Cline, Corbyn, McLaughlin | 4:09.6 | 1988 |
| 10 | Wadsworth, Bumala, Wight, D. Adesida | 4:10.1 | 2009 |

Notes:

1. c = converted from yards
2. w = wind-aided
3. times to tenths are hand timed; times to hundredths are electronically timed.
4. for distances under 400 meters, the conversion factor from hand-timed to electronic timing is .24
5. for distances 400 meters and up, the conversion factor from hand-timed to electronic timing is .14
6. Especially in the 100, 200, and 4 x 100 relays, top-10 rankings include all of the variables listed above

Non-Standard Events

| | | | |
|---------------|--------------------------------|----------|------|
| 1500 | Marissa D'Atri | 4:47.00 | 2018 |
| 3000 | Amy Loper-Riley | 11:05.40 | 1998 |
| DMR (3-2-1-4) | no names | 12:36.97 | 2000 |
| SMR (1-1-2-4) | no record | | |
| SMR (2-2-4-8) | no names | 4:18.93 | 2001 |
| 4 x 200 | no names available | 1:50.49 | 2002 |
| 4 x 800 | Whipple, Dunn, Pettigrew, Mork | 9:43.34 | 2002 |
| 4 x 1600 | no names | 22:00.26 | 2000 |
| 4 x 110 HH | no record | | |